



Meeting Your Needs. At Home. At Sea.

The Quarterdeck November 2004

Family Support Programs



Serving Families Serving America

Workshops

Registration is required.

Call (202) 433-6151 DSN 288-6151

All workshops are open to active duty service members, spouses, retirees, civilians affected by base realignment and to DoD civilians on a space available basis.

November

2 Nov Money Wise – “Gift Buying”
1100 - 1200 WNY

3 Nov New Parenting of Infants
0800 - 1000 FFSC

3 Nov Money Wise - “Gift Buying”
1100 - 1200 NNMC
or
1200 - 1300 NNMC

4 Nov Money Wise - “Gift Buying”
1100 - 1200 FFSC

8 Nov Money Wise - “TSP / IRA”
1000 - 1200 FFSC

9 Nov Resume Writing
0900 - 1100 FFSC

9 Nov Money Wise - “TSP / IRA”
1100 - 1200 WNY

10 Nov Money Wise - “TSP / IRA”
1100 - 1200 NNMC
or
1200 - 1300 NNMC

15-19 Nov CFS Training Course
Command Financial Specialist
0730 - 1600 FFSC

17 Nov Smart Emotions
0730 - 1530 FFSC

18 Nov Salary/Interviewing
0900 - 1130 FFSC

22 Nov Navy Saves Club
1000 - 1200 FFSC

23 Nov Navy Saves Club
1100 - 1200 WNY

30 Nov Smooth Move
0900 - 1200 FFSC

Family Matters at The Center

The Anacostia Fleet and Family Support Center offers many programs designed to enhance the lives and careers of service members and their families. These programs are delivered by trained professionals at no cost.

I&R: Information and referral is a foundational function of the FFSC. Know your resources, on and off base. You have questions. We have answers.

Deployment Support: The other foundational function of the FFSC. Helping Sailors and their families prepare for deployment, adjust to separation and reunite upon return.

RAP: Relocation Assistance Program. Preparing for a PCS move? See us first.

FERP: Family Employment Readiness Program. Need help finding work close to base and in your field? See us for career planning, skills training, resume and interview workshops, job openings/fairs and more.

Life Skills Education: We offer a variety of life skills GMTs and personal development workshops, covering subjects like stress management, parenting and communication.

PFM: Personal Financial Management. We'll help you get out of debt, manage your budget, maximize your military benefits/entitlements and plan for your retirement.

NPS: New Parent Support. Helping expectant and new parents prepare for their newborn through information and referral, educational classes and home visiting services.

Professional Counseling: Professionally licensed and military savvy, our counselors offer support and solutions. For individuals, couples, families or groups.

Crisis Response: Immediate support and I&R to Sailors and their families during disasters and crises (e.g. Sept. 11, USS Cole).

FAP: Family Advocacy Program offers counseling and resources to break the cycle of child abuse and domestic violence. Focus on victim safety, offender accountability and rehabilitation.

Ombudsman Training: Attention Navy spouses – want to help others like you? We're not just a valuable resource for Navy ombudsmen. We help train them.

EFMP: Exceptional Family Member Program. Families with special needs deserve special care, and we'll help you find it.

The Fleet and Family Support Center is located on
the Anacostia Annex,
Bldg. 72, 2767 Watson Road. SW,
Washington, DC 20373-5801

Phone: 202-433-6151

Toll Free 1-866-557-4410

<http://www.ndw.navy.mil/FFSC/Anacostia/Anacostia.htm>

Q&A: INTERVIEW WITH SUICIDE PREVENTION PROGRAM MANAGER DR. TONY DORAN

Suicide is no longer a problem we can ignore. It is a problem that needs everyone's attention to help save lives. Learn more from this Q&A with Suicide Prevention Program Manager Dr. Tony Doran.

Q: What key messages would you like to tell service members about preventing suicide?

A: Anyone in the Navy can save lives. Whether you are a junior-level Sailor, a captain, or a Navy spouse, you can help people before it's too late.

Q: Who is your target audience for the Suicide Prevention Program?

A: The target audience is the first responders, people who may see someone having trouble but don't mention it to the right people.

Q: What are the main objectives of the Suicide Prevention Program?

A: We want to reduce suicides in the Navy to the lowest possible level. To achieve this goal, everyone in our Navy community is going to have to work together.

Q: What are the warning signs of suicide?

A: Risk factors include financial problems, alcohol abuse, broken relationships, social isolation and job difficulties.

Q: Are there any statistics about the problem of suicide in the Navy?

A: Males are four times more likely to commit suicide, whereas females are four times more likely to attempt it.

Q: Do you consider suicide a serious problem for the Navy?

A: Yes, every life and every Sailor is important to the Navy.

Q: What does the Suicide Prevention Program do for those who may be at risk of suicide or have suicidal thoughts?

A: The Suicide Prevention Program identifies key warning signs so individuals can have an easier time reaching the decision that they might need some assistance with a problem. The Suicide Prevention Program also identifies resources that Sailors could utilize when they are having a problem.

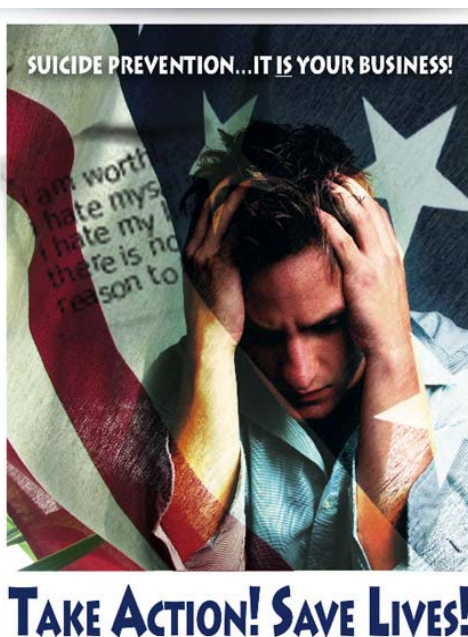
Q: Is it difficult to encourage people to take advantage of this program?

A: When a first responder knows a person is going through difficult times, sometimes in our culture we might think and feel like "hey, this is none of my business." For example, if you're at a bar and see a man and a woman are having a loud verbal interaction, you might turn away and think it's none of your business. Now imagine that the woman in the interaction is your mother or your sister. More than 90 percent of men and over 80 percent of women say they would

now cross the room and find out if things were OK. The Navy is encouraging a culture and climate of caring and concern. If you notice risk factors, don't keep them a secret. Encourage the person to get help, and encourage them to let their chain of command know about their problems.

Q: Where can you get more information about suicide prevention?

A: Web site: <http://www.bupers.navy.mil/pers601/index.html> or the U.S. National Suicide Prevention hotline at : 1-800-Suicide (1-800-784-2433). or the FFSC Anacostia Counseling Services, 202-433-6152, 1-866-557-4410.



ONLINE RESOURCES

The following are online resources for information on suicide and suicide prevention.

www.save.org

Suicide Awareness Voices of Education

www.suicidology.org

American Association of Suicidology

www.usmc-mccs.org/perssvc/prevent/suicide.asp

Marine Corps Community Service Suicide Prevention

www.nami.org

National Alliance for the Mentally Ill

www.bupers.navy.mil/pers601/index.html

Navy Suicide Prevention

www.afsp.org

American Foundation for Suicide Prevention

www.navyonesource.com

Navy One Source

Or 1-800-540-4123

En español, llame al 1-877-989-5392